

## SUMMER SALADS

**T**HERE are still people who deprecate the eating of green salad on the ground that it is not substantial food. It is true that a whole meal of green salad, being quickly digestible, will appease hunger only temporarily, by filling the stomach. This difficulty, however, can easily be overcome by including plenty of peas and beans, cold cooked potatoes and carrots, cold meat or fish, hard-boiled eggs, and above all, cheese in the salad. A good salad dressing or mayonnaise is a help, too, especially if it contains salad oil, for fat digests slowly. Eaten with wholemeal bread (crusts as well), a salad like this will make an excellent luncheon, with a glass of milk, or coffee with milk, and some fruit to finish with.

### Victory Garden Salad

One good lettuce shredded, 1 cup diced celery, 2 good-sized tomatoes, skinned and cut into small pieces, about 6 to eight radishes, sliced, 3 hard-boiled eggs cut into cubes, a fair-sized cucumber, also in cubes. Rub salad-bowl over with a clove of garlic. Toss the salad ingredients together, and marinate for an hour in French dressing. Then drain, mix with mayonnaise and put into salad bowl. Garnish with parsley and more sliced radishes and hard-boiled egg.

### French Dressing

One-third cup of vinegar, or ¼ cup lemon juice, 1 cup olive oil, 1 teaspoon salt, 1-3 teaspoon pepper, 1 teaspoon sugar, ¼ teaspoon paprika. Combine the oil and seasonings, and gradually beat in the vinegar. Keep in jar in cool place. Shake well before serving.

### California Dressing

This is French Dressing, with grapefruit juice used instead of vinegar.

### Tomato French Dressing

Add about a dessertspoon of tomato juice, and a few drops of onion juice to the French Dressing.

### Cheese Dressing

Three ounces crustless cheese, 3 tablespoons vinegar, ¾ teaspoon salt, 1 egg yolk, ¼ cup sweetened condensed milk. Mash cheese with fork. Add egg yolk, salt, and condensed milk. Mix thoroughly till free from lumps, and very gradually add the vinegar. Chill and serve on crisp lettuce leaves. Makes about ¾ cup.

### Salad Dressing

(White Hart, New Plymouth)

Beat 2 eggs, add 6 teaspoons sugar, 1 tablespoon butter, 8 tablespoons vinegar, 1 teaspoon mustard, pepper and salt to taste. Add lastly, slowly, 1 small cup milk. Mix well. Stand in jug in boiling water. Boil till it thickens, stirring occasionally.

### Custard Salad Dressing

One teaspoon salt, 2 tablespoons sugar, 1½ teaspoons mustard, 1½ teaspoons custard powder (unflavoured), 1 breakfast cup milk, 4 tablespoons vinegar. Put all dry ingredients in a

cup, and mix to a smooth cream with a little of the milk. Heat remainder of the milk, and stir in. Add vinegar last, and stir till it thickens. Put away for use. When required, thin down to required consistency with milk.

### Mixed Salad

Wash well a good mixture of green stuff (lettuce, silver beet, cress, endive, young cabbage, parsley). Slice cold boiled potatoes, and place a cupful in bottom of salad bowl. Then add a sprinkling of finely-chopped chives or onion. Next add some apple, then sliced or grated cheese, grated carrots, a little celery in season, and more potato on top. Now add greens and a few pieces of red beet. A layer of tinned or fresh cooked fish is very tasty.

### Cucumber Nests

Use young apple cucumbers. Peel, cut in halves, and scoop out centre. Fill centre with a fish mayonnaise, or chopped hard-boiled egg, or cold cooked fish and chopped parsley. Lay on green salad on individual plates. Put a ring of grated carrot round and decorate with slices of beetroot and tomato. Serve with good dressing. Cooked peas and mayonnaise sprinkled with finely-chopped mint is a good filling. Small, ordinary cucumbers may be used cut lengthwise.

### Mimosa Tomatoes

Cut tops off good tomatoes, scoop out insides and mix with a couple of spoonfuls of mayonnaise. Add some cooked green peas and grated cooked carrot. Fill tomatoes with mixture, put lid piece back. Arrange on lettuce leaf, and sprinkle with hard-boiled egg yolk, pressed through fine sieve. Sprinkle with curry powder if liked.

### Potato Salad

Cut cold boiled potatoes into cubes, place on dish, surround with lettuce, grate over a very little onion. Also put beetroot or celery if liked, and cover with this dressing:—Two tablespoons mashed potatoes, 2 teaspoons sugar, ½ teaspoon dry mustard. Mix well, then add milk to make consistency of thick cream. A little vinegar if liked.

## FROM THE MAIL BAG

### A Dutch Fruit Cake

Dear Aunt Daisy,

Perhaps some of the Daisy Chain might be interested in the recipe of a fruit cake which was very popular in Holland during the last war, when, as now, butter and eggs were very scarce.—Eight ounces flour, 8oz. brown sugar, a small cup milk, 1 teaspoon baking soda, handful of raisins, dates, sultanas, peel, nuts or any fruit desired, 2 teaspoons cinnamon, ½ teaspoon nutmeg, ½ teaspoon cloves. Mix all ingredients together and moisten with milk. Place in greased tin or Pyrex. Heat oven first. Bake 1½ hours in a moderate oven (Regulo 3). Hoping this will help those who are worried about their weekly bakery.—I am, dear Aunt Daisy, Yours, Old Dutchie.

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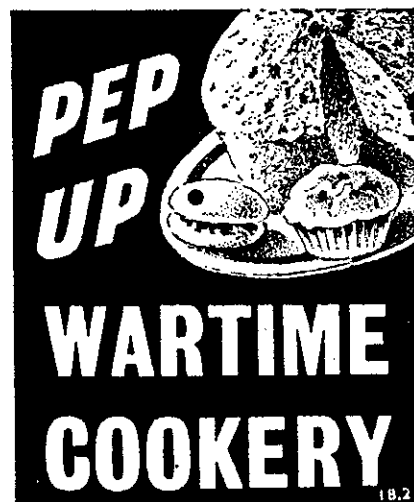
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